



WELCOME TO GOODLIFE FITNESS STUDIO!!!

OUR HOUSE RULES & IMPORTANT INFORMATION

- **MEMBERS/VISITORS : COMPLETE A MEMBERSHIP FORM, A PHOTO/TESTIMONIAL RELEASE (IF APPLICABLE) AND A HEALTH QUESTIONNAIRE IF YOU HAVE ANY NOTABLE HEALTH ISSUES OR CONCERNS.**
- **CLASS RESERVATIONS ARE RECOMMENDED. RESERVATIONS ON OUR WEBSITE WITH MINDBODY, OR SIGN-IN DIRECTLY WITH A MINDBODY APP. IF YOU ARE HAVING ANY DIFFICULTIES, CONTACT THE OFFICE FOR ASSISTANCE.**
- **GoodLife only has 1 Guest Parking Space and a Handicapped Parking Space PLEASE PARK IN THE MEDIAN PUBLIC PARKING ON THE LEFT BEFORE THE STUDIO**
- **BRING CLEAN GYM SHOES FOR CARDIO AND STRENGTH CLASSES.**
- **DO NOT WEAR PERFUME OR HEAVILY SCENTED CREAMS TO ATTEND CLASS.**
- **CLASS PARTICIPANTS SHOULD NOT TOUCH THE AC THERMOSTAT. ONLY STAFF ARE ALLOWED TO ADJUST THE THERMOSTAT.**
- **NO OPEN CONTAINERS/GLASSES. A WATER FOUNTAIN IS IN THE STUDIO.**
- **CELL PHONES TURNED OFF OR RINGER & NOTIFICATIONS ON SILENT MODE.**
- **SANITIZE STUDIO MATS AFTER USING AND EQUIPMENT BEFORE PUTTING AWAY.**
- **PRICES AND CLASS SCHEDULES SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR CLASS SCHEDULE UPDATES WWW.GOODLIFEFITNESSVERO.COM**
- **NO FREEZES FOR ANY MEMBERSHIPS WITH THE EXCEPTION OF ILLNESS OR SURGERIES. FREEZES ARE NOT ALLOWED FOR VACATIONS OR TRAVELING.**
- **OUR OFFICE IS STAFFED PART-TIME. OFFICE APPOINTMENTS ARE AVAILABLE.**
- **BE PUNCTUAL FOR CLASS. IF YOU NEED TO LEAVE EARLY, NOTIFY THE INSTRUCTOR.**
- **IF YOU ARE SICK PLEASE DO NOT ATTEND CLASS AND EXPOSE OTHER PARTICIPANTS.**
- **WE SELL A VARIETY OF FITNESS ITEMS IN OUR OFFICE.
A FEW ITEMS INCLUDE: GOODLIFE FITNESS T-SHIRTS, CBD CLINIC CREAMS FOR PAIN-RELIEF, FOAM ROLLERS, STRETCH STRAPS, MASSAGE GIFT CERTIFICATES AND MORE!!**

ENJOY THE CLASSES!!! WE ARE HOPING YOUR GOODLIFE EXPERIENCE WILL MEET AND EXCEED YOUR EXPECTATIONS! THANK YOU VERY MUCH FOR JOINING US!

THE GOODLIFE TEAM AND PEGGY HAMILTON, OWNER